let’s go

“Healthy Mama, Happy Baby: A Guide to Pregnancy Wellness”

“You are strong, beautiful, and creating a miracle. Trust your body, embrace the journey, and know that every moment brings you closer to meeting your little love. You’ve got this!”

love

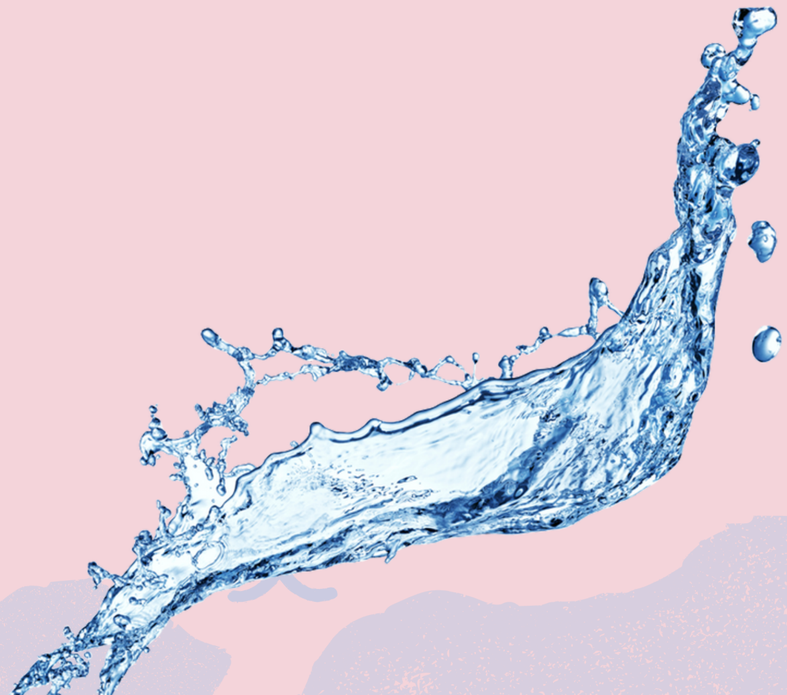
Healthy Eating Habits for Pregnant Women

Eating well during pregnancy is important for both you and your baby. Here are some essential healthy eating habits to follow:

. Eat a Balanced Diet

Stay Hydrated

Eat Small, Frequent Meals



Get Enough Iron and Calcium

- Iron: Helps in blood production

Calcium: Supports strong bones and teeth

Limit Processed Foods and Sugar

Listen to Your Body

Moderate Caffeine Intake

Take Prenatal Vitamins

By following these healthy eating habits, you can support a smooth pregnancy and ensure the best start for your little one!

Safe and Beneficial Exercises for Pregnant Women

pregnant women:

Benefits of Exercise During Pregnancy

- Boosts energy levels and reduces fatigue.
- Helps manage weight gain in a healthy way.
- Eases back pain and improves posture.
- Reduces stress and improves sleep.
- Strengthens muscles needed for labor and delivery.

Safe Exercises for Pregnant Women

1. walking

2. Prenatal Yoga
3. Swimming
4. Strength Training (With Light Weights
5. Pelvic Floor Exercises (Kegels)

Exercises to Avoid

- High-impact activities like running or jumping.
- Contact sports (soccer, basketball, etc.).
- Exercises that involve lying flat on your back after the first trimester.
- Heavy weightlifting or any exercise that causes dizziness or discomfort.

Pregnancy Food Journal

Date: _____

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Hydration (Water/Drinks): _____

Notes (Cravings, how I feel, etc.): _____

Pregnancy Exercise Planner

Week of: _____

Monday: _____ (Exercise & Duration)
Notes: _____ (How I Feel)

Tuesday: _____ (Exercise & Duration)
Notes: _____

Wednesday: _____ (Exercise & Duration)
Notes: _____

Thursday: _____ (Exercise & Duration)
Notes: _____

Friday: _____ (Exercise & Duration)